



FORSCOM Safety Sends: Safety Alert Message



TG 295 "The Warfighter's Guide to Dietary Supplements... What you REALLY need to know." dated Dec 03

There are many health risks confronting the force from the physical demands of soldiering. A sizable portion of the force is engaged in combat under extreme environmental conditions in Iraq and Afghanistan. The remainder of the force is preparing to deploy or redeploy. Family members are engaged in vigorous activities or preparing for upcoming sporting seasons.

Ultimately the responsibility for one's health and physical conditioning falls squarely on the individual. Every year there are tragic reports of recreational, scholastic or professional athletes who die from overtraining or improper use of dietary supplements. There are no short cuts, super drugs or natural substances that will propel one to potential peak condition or performance. Individuals must seek the knowledge of proper exercise and diet and endeavor to apply them in their lives.

Fortunately military personnel have many resources to help them with their conditioning and nutrition. First, there are Master Fitness Trainers located in most units. Exercise Physiologists at gyms and wellness centers can assist you as well. At the Medical Treatment Facilities, Physical Therapists can help with conditioning problems. The Nutrition Care Service has Registered Dietitians that can set up classes or provide individual counseling about the effectiveness or need for dietary supplementation. Podiatrists and Orthopedic Surgeons are available if needed.

A new publication is available from U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM), TG 295, "The Warfighter's Guide to Dietary Supplements....What you REALLY need to know ." This is a clearly-written pocket guide to every substance used by people interested in performance enhancement. It is the latest tool to help individuals make good decisions concerning the use of dietary supplements. The publication is now available for widest distribution. Remember, seek professional help if you have questions or a problem. The acquaintance you might meet at the gym popping tabs might not be fully aware of the risk he or she is taking. If you cannot obtain a